

Woburn Board of Health

# COVID-19 Community Guide

COVID-19  
Education to  
Create a  
Safe School  
Community

This reflects current data as of  
September 9, 2020. C-19 remains  
fluid and protocols are subject to  
change based on evolving data.



# EXPECTATIONS

Wash your hands **frequently**

Conduct a health screening **every morning** (see next page)

Make sure every student has a mask; they are **required** to be worn in school

Practice **social distancing** (at least 6' away from others)

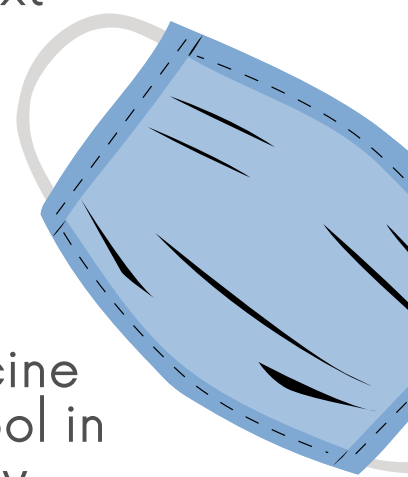
Avoid **touching your face** and encourage children to do so as well

Call the school if your child or any household member shows **symptoms of COVID-19** (see next page)

**Respond to calls** from the district or Board of Health

Students must be **up to date on all vaccines**, including the new requirement Menactra vaccine for grades 7 and grades 11 at the start of school in September. The Influenza vaccine is needed by December 31, 2020.

If you have a **question or concern**, please feel free to contact Woburn Public Schools Nurse Leader at 781-937-8233x11214 or [mheater@woburnps.com](mailto:mheater@woburnps.com)



# DAILY HEALTH SCREENING CHECKLIST

**Today, or in the past 72 hours, has your child, any household members, or any close contacts of your child had any of the following symptoms?**

- ☐ Fever (100.0° Fahrenheit or higher), chills, or shaking chills
- ☐ Cough (not due to other known cause, such as chronic cough)
- ☐ Difficulty breathing or shortness of breath
- ☐ New loss of taste or smell
- ☐ Sore throat
- ☐ Headache (when in combination with other symptoms)
- ☐ Muscle aches or body aches
- ☐ Nausea, vomiting, or diarrhea
- ☐ Fatigue (when in combination with other symptoms)
- ☐ New rash, especially on the toes or fingers
- ☐ Nasal congestion or runny nose
- ☐ Been in contact with a person known to be infected with COVID-19
- ☐ Have been diagnosed with COVID-19
- ☐ Been given any fever-reducing medications (Tylenol, Ibuprofen)



# WHAT TO DO IF THE ANSWER IS **YES** TO ANY ITEM FROM THE DAILY HEALTH SCREENING CHECKLIST

If your child will be out of school, call the school's absence line and include reason for absence if ill.

Please call your school nurse if a household member, your child, or a close contact of your child:

- has tested positive for COVID-19
- is symptomatic and/or you need assistance/direction on how to proceed

## Reasons to Keep Your Child Home

- Fever (100.0° Fahrenheit or higher), chills, or shaking chills
- Cough (not due to other known cause, such as chronic cough)
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore throat
- Headache (when in combination with other symptoms)
- Muscle aches or body aches
- Nausea, vomiting, or diarrhea
- Fatigue (when in combination with other symptoms)
- New rash, especially on the toes or fingers
- Nasal congestion or runny nose
- If your child has had close contact with a person known to be infected with COVID-19 in the past 14 days



If your child has been given any fever-reducing medications (Tylenol and/or Ibuprofen) in the last 12 hours, consult with school nurse prior to sending your child to school.



## HOW TO SAFELY WEAR A NON-MEDICAL MASK

# DO'S

Masks should:

- Fit snugly but comfortably against the side of the face
- Cover your mouth AND your nose
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage
- Disposable masks are permitted, but may not be reused

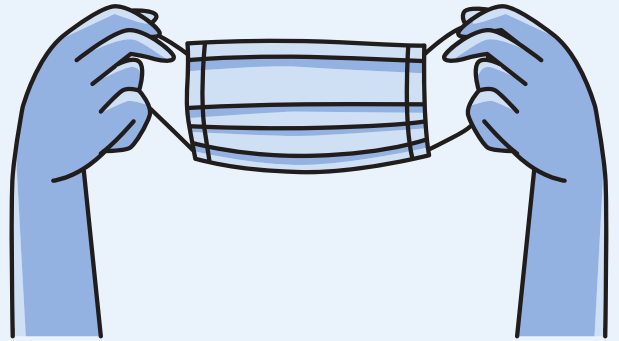
# DONT'S

- Bandanas
- Gaiter face coverings
- Face masks that have an exhalation valve
- Wearing of a disposable mask more than one day

Woburn Public Schools will have emergency disposable masks for students, when needed.



# IF YOUR CHILD HAS SYMPTOMS OF COVID-19 AT SCHOOL



1. Teachers will ensure students have a mask on and are keeping a distance of 6 feet from others.
2. Teachers will hold the student in the classroom with a mask on and at a distance of 6 feet from others until the hallway is clear before sending the student to the school nurse's office. At the elementary level, the teacher will call the nurse's office before sending the student.
3. If student is being dismissed because of suspected COVID symptoms, student must stay in the Medical Waiting Room until parent/guardian arrives. It is expected that sick students will be picked up within one hour. The parent/guardian must wear a mask when picking student up at the school door/entrance. In an abundance of caution, parents will not be allowed into the schools.
4. Symptomatic students may not ride on the bus.



# IF HOUSEHOLD MEMBERS, YOUR CHILD, OR A CLOSE CONTACT OF YOUR CHILD HAS SYMPTOMS OF COVID-19

1. Do NOT send the student to school.
2. Call the school's absence line and inform them of the reason the student is staying home (student or household contact has symptoms of COVID-19, student was in close contact with person infected with COVID-19).
3. Any household member or student with symptoms of COVID-19 and/or was in close contact with a person infected with COVID-19 should call their health care provider and receive a molecular COVID-19 test.
4. Isolate at home until test results are returned. If a physician decides not to conduct COVID-19 testing, then the student may return to school in 10 days as long as their symptoms have improved and they have been without fever, without the use of fever-reducing medicine, for at least 24 hours. Student will need a doctor's note clearing their return to school. If doctor determines a non-COVID illness, then an alternative diagnosis will be needed.
5. COVID-19 Test Results:
  - A. If Student receives **Negative** Molecular COVID-19 Test: They must stay home until symptom-free for 24 hours without fever-reducing medication and/or the parent/guardian must provide a note from a physician indicating that the child does not have COVID-19 and the note must provide an alternative diagnosis before return to school.
  - B. If Student receives **Positive** Molecular COVID-19 Test: Contact Woburn Public Schools Nurse Leader at 781-937-8233 x11214 or mheater@woburnps.com. The parent/guardian will be contacted by the Woburn Board of Health and will receive direction on isolation and quarantine requirements and will not be allowed to return to school until authorized to do so by the Board of Health.
  - C. If Household Member or Close Contact receives **Positive** Molecular COVID-19 Test: The parent/guardian will be contacted by the Woburn Board of Health and will receive direction on isolation and quarantine requirements.



# IF A STUDENT OR STAFF MEMBER TESTS POSITIVE FOR COVID-19

1. The student or staff member will be placed on isolation by the local Board of Health and all household members will be placed on quarantine by the local Board of Health. The Board of Health will continue contact with all those on isolation and quarantine. Isolated/quarantined individuals may not return to school or other activities unless authorized to do so by the Board of Health. (See page 8 for more information on isolation and quarantine.)
2. If it is determined that the student was contagious while they were at school, Woburn Public Schools will work with the Woburn Board of Health to identify close contacts (anyone within 6 feet of that student for more than 15 minutes). Close contacts will be placed on quarantine by the local Board of Health. The Board of Health will continue contact with all those on quarantine. Quarantined individuals may not return to school or other activities unless authorized to do so by the Board of Health. (See page 8 for more information on isolation and quarantine.) If you have any questions or concerns, please feel free to contact Woburn Board of Health Nurse Karen DaCampo at 781-897-5928 or [kdacampo@cityofwoburn.com](mailto:kdacampo@cityofwoburn.com).
3. If a student or staff member tests positive, Woburn Public Schools Policy is to close the the classroom(s) to be deep cleaned and disinfected. Students will be relocated to another classroom as needed. Based on a case-by-case basis, the administration may take further steps to ensure safety. This may include a classroom or school transitioning into the remote model for a specific period of time.
4. If your child is determined to be a close contact by the Board of Health, the child must stay at home and separate themselves from others until no longer required to by the Board of Health. As long as the child is not exhibiting any symptoms of COVID-19, then household members can leave the home. If the child gets symptoms of COVID-19, then household members will be required to quarantine by the Board of Health.

Example: If a student in **classroom 1** becomes a close contact (with no symptoms) of a positive case and their sibling is in **classroom 2**, the sibling in **classroom 2** can continue coming to school while the student in **classroom 1** stays home until quarantine period is completed. If the student in **classroom 1** gets symptoms of COVID-19 then the sibling in **classroom 2** must now quarantine. Anyone in close contact with the sibling in **classroom 2** will not need to quarantine unless the sibling in **classroom 2** develops symptoms.

5. Case investigation and contact tracing will be kept confidential. Information will be shared only with select individuals at Woburn Public Schools and the Woburn Board of Health for the purposes of preventing or controlling disease.



# WHAT'S CONTACT TRACING AND QUARANTINE & ISOLATION?

**Contact tracing** is part of communicable disease case investigation conducted by your local Board of Health or the MA Contact Tracing Collaborative in which individuals who may have been exposed to a communicable disease are quickly identified so they can be quarantined to stop the spread of infectious disease.

**Isolation** means separating people who are ill from other people to prevent the spread of a disease.

**Quarantine** means separating people who have been exposed to a communicable disease from other people to prevent the spread of disease.

Local Boards of Health are authorized by law to require individuals to isolate and quarantine. People in isolation or quarantine must separate themselves from other people. They must remain in their home and may not have visitors until their local Board of Health or the MA Contact Tracing Collaborative determines the risk of infecting others is low and releases them from isolation or quarantine. The area can be used 12 hours after cleaning.

